

## August 2012

Howdy runners,

Our July club run not only set a club record for participants -- ninety-nine -- but featured the fastest finish time in recent memory, Sheridan Grant's 17:20 5K. As a resident of Forest Hills, where the run was held, it was quite a thrill seeing a throng of runners run down the streets of my neighborhood. Immediately after the run I flew to Boise, Idaho, for a three-week solo bicycle trip from there to Boulder, Colorado. It was quite an adventure and great to be on vacation -- but I am very happy to be back in Huntsville. However, I have only been in town a few days, so I hope you will forgive me if this club update is a little shorter than usual.

We also had a nice club picnic in early August at Elkins Lake, which I want to thank Steve and Cathy Bickford for hosting. Our next club run is coming up this Saturday:

**Saturday, August 25, 8 a.m.: Heat Wave 5K & 1-Mile Run/Walk, Veterans Memorial Parkway, Huntsville. Meet at the southwest corner of the West Hill Mall parking lot. \$1 entry. Register at the starting line.**

This course is out and back, all sidewalk. Restrooms will not be available at this run, however, you should be able to finish underneath the GIANT INFLATABLE ARCH that the club has purchased. So...I hope to see you there!

\*\*\* Club News \*\*\*

We have had several new members join us in the last few months, so please join me in welcoming them:

Max Montes, Craig Corder, Ashley Harvill, Jennifer and Charles Walker and Bailey and Lance Johnson, Jacob Spradlin, Michael, Angelica, and Bethane Mackey, Rachael Moore, Melissa Booth, Elizabeth, Eric, Lance, and Will Keith, and Allison, Mark, Eliya, Gabriel, Rachel, and Micaiah Moldenhauer. Welcome! We're glad you have joined us!

Club secretary Courtney West is recovering from a serious bicycle accident that occurred in a duathlon that she competed in this past weekend at White Rock Lake in Dallas. If you wish to write her, her e-mail is [courtney.west@mctx.org](mailto:courtney.west@mctx.org), and you can sign a get-well card at this Saturday's club run.

Every year has its seasons, and so does the Seven Hills Running Club. As we head into the fall, we head into our busiest season of the year, as our club puts on the Huntsville Half Marathon, Quarter Marathon, and 5K in late October, followed by a business meeting in November, where we review the year and start making plans for the next year. Accordingly, my communications will change -- they will be more frequent but shorter, as we prepare for these events. This is an exciting time of year to be a runner and to be a member of our club.

Our active club Facebook group is a great place to find partners for runs, learn about upcoming races that our members are planning to attend, and to see pictures from just-competed races! The page is here: <https://www.facebook.com/groups/55964470688/>, and if you ask to join we promise to let you in :) For a full list of race results, the "latest news" on our website, here: <http://7hills.us/latestnews.htm> -- always up to date, and includes pictures. Please help our webmaster, Ken Johnson, keep up with your latest race times by e-mailing them to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net). Also e-mail Ken to be added to our marathon honor roll. Ken combs

the lists of local race results looking for club members, but you can make his job easier by e-mailing them to him directly, especially if you are a new club member.

\*\*\* Runner of the Month \*\*\*

All summer we have been celebrating running families, members of our club for whom running is a family-wide activity. To cap off the series, I would like to recognize a very enthusiastic running family, the Fabians -- Chuck and Donna and their young children Matthew and Andrew. Donna, a schoolteacher, and Chuck, a physical therapist, have been bringing their children to our club runs for about a year. Andrew and Matthew sometimes run the 1 mile, and sometimes run the 5K, and Donna is always careful to record their times. Donna is an avid runner who races throughout the region; Chuck has caught the running bug this year and has set several personal records in the 5K, very excited about each.

It is always a joy to watch the closeness of the Fabian family and their enthusiasm in supporting each other. Therefore, with the powers invested in me by Graphar, Roman God of Running, Rainbows, and Robots, I hereby declare the Fabian family Seven Hills' RUNNERS OF THE MONTH. Congratulations Chuck, Donna, Matthew, and Andrew!

\*\*\* Runs and Related Events \*\*\*

Remember, registration is open for the Huntsville Half Marathon, Quarter Marathon, and 5K, scheduled for October 27. Race details, including a course map, can be found on our web site, here: <http://7hills.us/hvhalf.htm> , where you will also find a printable entry form. You can also register on [active.com](http://www.active.com), here: <http://www.active.com/running/huntsville-tx/huntsville-half-marathon-quarter-marathon-and-5k-2012> . Remember, to get the ultra-low rate of \$35 for the Half Marathon, you must register by the end of the month.

A complete list of upcoming races, always up to date, can be found on our web site, under "race schedule," here: <http://7hills.us/schedule.htm> .

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." If you have any questions, comments, or feedback, please don't hesitate to contact me or any club officer. Happy Running!

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